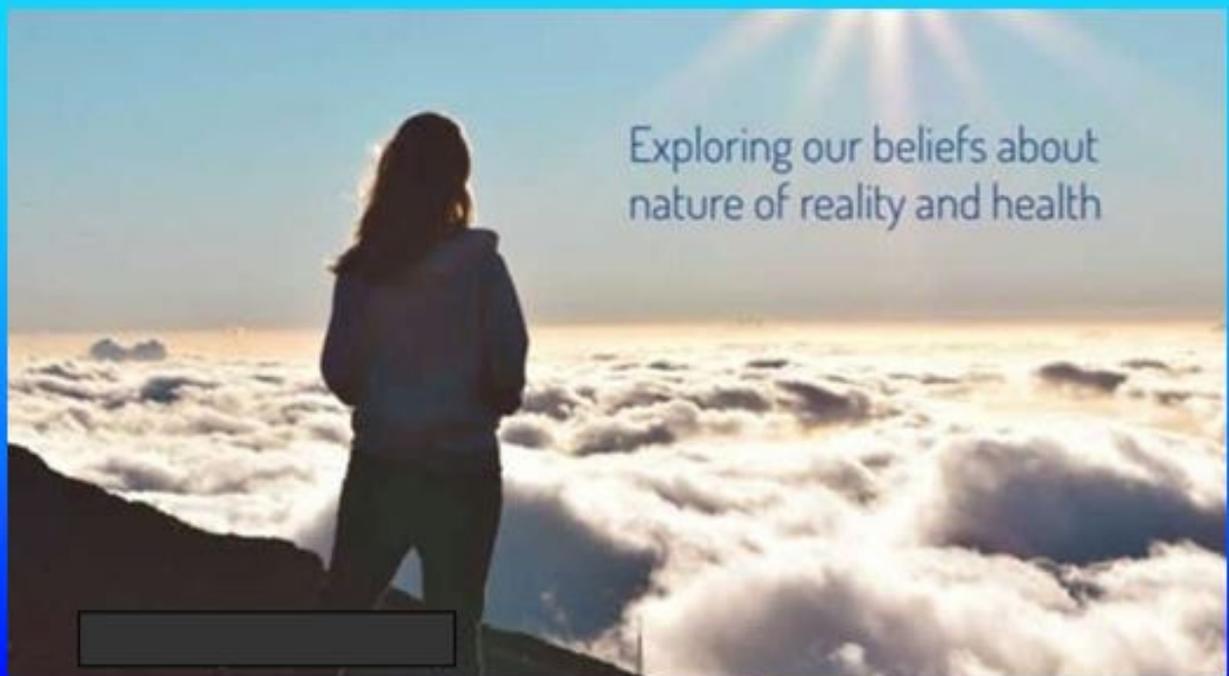


Bridging Paradigms in Health Ancestral Memories



Exploring our beliefs about
nature of reality and health

Residential Retreat in Sichów Duży – Poland

27th – 31st August 2018

With Natalie Tobert

Bridging Paradigms

This training creates a bridge between mainstream education about health and what people really do for their well being. With colonisation and the global influx of new migrants and refugees, it is essential for us to understand cultural and spiritual explanations for what it means to be human, particularly in the field of mental wellbeing.

Where do our memories come from, and where are they stored? Our intention is to address an educational gap, and acknowledge the clash of beliefs between those who have different paradigms of understanding health. We explore cultural intelligence and support equalities in our diverse society. Our long term aim is to improve quality of life for practitioners, clients, and us, to enhance social and global well being.

Audience

This retreat is suitable for front line practitioners in medicine and health care, and for other staff including social workers, housing officers, police, ambulance, maternity and teachers. It is also for people like us, anyone who might want to explore a more profound understanding of our fellow humans. You are welcome.

Delivery

The retreat is participatory and experiential. Workshops are delivered in English, but breakout discussion groups can be in any language, with the plenary offered in English. We examine what it means to us to be human in today's world. We hope discussion explores radical challenges to common consensus in our society. The mornings are spent in discussion, acknowledging the wisdom of the group – whoever we are.

Course Topics include

The Human Body and the Self

Mental Wellbeing and Altered States

Ancestral Memories: where do they come from?

Survival Beliefs and Consciousness Beyond Death

Cultural U-Turns and Paradigm Change

Seminars explore current dilemmas in health practice. Case studies hint at radical challenges to common consensus and offer evidence of new paradigm thinking. The long term aim is to improve quality of life for practitioners, clients, and us: to enhance social well being, individually and globally.



" The whole series of workshops have already proved thought provoking and relevant to my practice. Thank you."

"Very balanced and thought provoking, excellent."

NATALIE TOBERT

This retreat is presented by Dr Natalie To-
bert, a medical anthropologist with original
fieldwork experience in Africa and India. She
also did research and health promotion in UK
with new migrant and refugee populations.
She has taught in medical schools, hospitals,
and universities, and facilitated seminars and
retreats in Spain, Sweden, Switzerland, and
California. She is passionately interested in
spiritual thoughts around consciousness,
health and social well being.



Natalie’s most recent book is “*Cultural Perspectives on Mental Wellbeing*”: it accompanies her training seminars and is offered free to all retreat participants. It brings fresh perspectives to our dialogue on global mental health. She has also produced a book based on her travels and research in India entitled “*Spiritual Psychiatries*”



The conference centre is ideal for educational and cultural meetings, workshops, yoga, meditation or retreats for groups of up to 25 people. Our hosts Paul and Amber Kieniewicz offer an atmosphere that harkens back to the days of Polish manor houses, set in a natural parkland where our group can stay and work comfortably.

There are spacious meeting rooms with natural lighting, a resplendent park with many paths, that encourage concentration and inspiration.

Registration Details

Spaces are limited, so please register early

Early bird rate (before 1st July):

- o £560 per person double occupancy
- o £660 per person single occupancy

Standard Rate (after 1st July):

- o £650 – double occupancy
- o £750 – single occupancy

The price includes

- Transportation to and from either Krakow airport /or Main square at a fixed time agreed by organisers and taxi firm
- Full board at the accommodation – 4 nights
 - o Twin sharing (single occupancy with £100 supplement)
 - o Delicious Polish food (breakfast, lunch and supper)
- The retreat training content and discussions
 - o History and tour of Manor House by our hosts
 - o Two afternoon trips to nearby wonderful sites
 - o Polish musician concert one evening

This does not include

- Outward and return flights from country of origin to Krakow
- Additional nights in Krakow, to explore town Main Square & Old Town
- Single occupancy (£100 supplement)
- Taxi fares outside of set times
- Alcohol or soft drinks

To register

Contact facilitator: natalietobert@gmail.com

Phone: 07719 416 855